

What's happening ...

Chapel



Contact the chapel at **895-1106**. To speak to the duty chaplain after hours, call **895-5850**.

Worship schedule

Protestant services:

8 a.m., Sunday gospel service, Friendship Chapel

9:45 a.m., Sunday School, Shaw Heights Elementary School

10 a.m., Sunday liturgical service, Palmetto Chapel (weekly communion)

11 a.m., Sunday shared-faith Protestant service, Palmetto Chapel

4 p.m., Sunday youth group, chapel annex

6 p.m., Sunday, Faith Factor

Catholic services:

4:15 - 4:45 p.m., Saturday confession, Palmetto Chapel

5 p.m., Saturday Mass, Palmetto Chapel

9 a.m., Sunday Mass, Palmetto Chapel

11 a.m., Sunday School, Shaw Heights Elementary School

Other faith groups may contact the chapel for information on worship times and locations.

Spouses space



MOSA meeting

The Military Officers' Spouses Association is scheduled to meet Tuesday at 7 p.m. at 5705 A Plum Street. The meeting's theme is relaxation and a massage chair will be available for use. For more information, call **499-7209**.

Suicide intervention workshop

An Applied Suicide Intervention Skills Training workshop for military spouses is set for Monday and Tuesday from 8:30 a.m. to 4:30 p.m. at the Palmetto Chapel. For more information, call **895-1106**.

FSC



Heart to Heart

Family members of remote or deployed service members are invited to this meeting Tuesday from 6 to 9 p.m. This will be a dual program for parents and children. Parents will discuss behaviors and anxieties caused by separation and how to handle them. A representative of Choice Behavioral Health will be available to talk to children about anger, using a journal, school phobia and other behaviors caused by separation. For more information or to register, call **895-1252**.

Predeployment brief

The next Predeployment brief is scheduled for Thursday from 8 to 9:30 a.m. It's mandatory for

those departing on deployments of 30 days or more. It covers family separation and antiterrorism measures. Unit deployment managers with 10 or more deploying personnel should contact the FSC to coordinate a mass briefing. If you receive a short-notice deployment notification, call the FSC to schedule an appointment. Spouses are encouraged to attend. For more information, call **895-1252**.

Smooth Move workshop

The Smooth Move workshop is scheduled for Wednesday from 8:30 a.m. to noon. It is designed for service members and their families PCSing out of Shaw or separating. Representatives from TMO, finance, base housing, legal, Military Equal Opportunity and the Personal Financial Management Program will answer questions on relocation issues. For more information, call **895-1252**.

Job Expo

A job expo is set for April 7 from 10 a.m. to 6 p.m. at the Sumter County Exhibition Center. Interested individuals should bring resumes and dress in business attire. For more information or to register, call **895-1252**.

Time for Tots

This parent-toddler group, co-sponsored by the FSC and Family Advocacy, is set to meet Thursday from 10 to 11:30 a.m. in the Youth Center. It's an opportunity for parents to network and share issues. For more information, call Mrs. Marcy Prior at **499-2656**.

Information



Live entertainment at Club Shaw

Club Shaw presents *Tony Street*, performing country, beach, rock and more, Saturday from 9 p.m. to 1 a.m. All personnel 18 years of age or older and their guests may attend. There is no charge for members and a \$5 charge for nonmembers. For more information, call **666-3651**.

Self-help

The Self-Help Store provides materials for self-help projects at base units. For assistance, turn in an Air Force Form 332: *Base Civil Engineer Work Request*, to the 20th Civil Engineer Squadron customer service desk in Building 250. For more information, call Master Sgt. Tracy Franklin at **895-5314**.

Scholarship information

Team Shaw's Top Three Association is sponsoring scholarships for enlisted personnel and their families assigned to Shaw. The deadline is Thursday.

For an application or more information, contact Master Sgt. Gregory Schmalfeldt at **895-1106**.

Easter egg hunt

An Easter egg hunt, sponsored by the Youth Center, is set for April 10 at 10 a.m. for Shaw's youth. Pictures with the Easter Bunny will be available. For more information, call **895-2252**.

Lunch menu entrees for CMSgt. Emerson E. Williams Dining Facility

Today -- Mexican-baked chicken, Swiss steak with tomato sauce, stuffed green peppers

Saturday -- Cajun meatloaf, crispy-baked chicken, ribeye steak

Sunday -- Sauerbraten, tuna and noodles, chicken parmesan

Monday -- Swiss steak with tomato sauce, baked chicken, sweet-Italian sausage

Tuesday -- Lemon-baked fish, steak pork schnitzel, beef and spaghetti yakisoba

Wednesday -- Szechwan chicken, sweet and sour pork, sukiyaki

Thursday -- Tempura-fried fish, orange-spiced chops, liver with onions

(Information courtesy of the 20th Services Squadron.)

At the movies



Movie schedule and start time are subject to change. To hear recorded movie information, call **895-2199**.

* Admission: Friday night -- \$1; Saturday -- \$3 for adults, \$1.50 for children under 12; Sunday -- \$1.50.

Friday

7 p.m., Win a Date with Tad Hamilton, PG-13 (sexual content, drug references and language) -- When a hot young actor, Tad Hamilton agrees to participate in a contest to promote his new movie, he falls in love with the winner, Rosalie. He visits her hometown to profess his love to her. Tad unwittingly inspires Rosalee's male friend to admit his love for her, also. Will she choose the friend who's always been there for her, or the guy whose face decorates the walls of millions of girls' bedrooms?

1 hr. 35 mins.

Saturday

7 p.m., Barbershop 2: Back in Business, PG-13 (language, sexual material and drug references) -- Calvin's barbershop is open for business again. A stylist in the beauty shop next door, is now trying to cut in on his business. Calvin struggles to keep his father's shop and traditions alive -- this time against urban developers looking to replace "mom & pop" establishments with name-brand chains.

1 hr. 56 mins.

Sunday

3 p.m., You Got Served, PG-13 (thematic elements and sexual references) -- Two friends want to open a hip-hop dance and recording studio. In order to do it, they must first win a street dance competition to prove they have talent.

1 hr. 40 mins.

Airman 1st Class Christopher Holden, 20th Logistics Readiness Squadron vehicle maintenance flight, maneuvers through a plastic cone obstacle course during the forklift rodeo portion of the flight challenge.



LRS rounds up members for flight challenge



Photos by Staff Sgt. Alicia Prakash

Staff Sgt. Tyrone Williams (left), Airman 1st Class Stacey Vick (center) and Airman 1st Class Maurice McCormick (right) of vehicle maintenance flight do push-ups during the challenge. The event's purpose was to build camaraderie through teamwork. The vehicle flight won four out five challenge events. The events not pictured are drill and running.



Airman Erica Souders (left) and Airman Sheldon Mills (right) push for the materiel management flight to get the most sit-ups in one minute.

Shaw's power lifter brings home silver

By Staff Sgt. Alicia Prakash
Staff writer

A member of Team Shaw recently won a medal and took second place in a power lift competition.

Tech. Sgt. Lancelot Grant, 20th Civil Engineer Squadron, won the silver medal in the Masters-198-



Courtesy photo

Grant said, "Know your limitations when lifting weights. It's not how much you lift, but how you lift."

pound class of the USA Power Lift 2004 Military Nationals March 13 at Fort Hood, Texas.

He scored 584 pounds for squats, 297 pounds for bench press and 573 pounds for dead lift. Grant competed against nine other military men in his category of active and reserve military members, Guardsmen and retirees who are 40-years of age or older.

Speaking of older, Grant said his children believe he is too old to compete, but he disagrees.

"I see men 65 and 70 years old doing it," said Grant.

He said younger guys come up to him and say they want to be able to power lift the way he does when they reach his age.

Though Grant uses weights to lift, his sport is called power lifting. Power lifting consists of performing squats, dead lifts and bench pressing. Weight lifting includes other exercises using weights.

During competition season, his heavy workout period, Grant said he only works out Mondays, Wednesdays and Fridays. He concentrates on one event a day: squats, bench presses or dead lifts.

"The breaks between workout days give the body time to heal," said the power lifter.

Throughout off season, Grant does a body-build-

ing routine four days straight and takes one day off. During the four day-workout, he focuses on the smaller muscle groups. He said he does this to reduce the tearing down of his muscles in competition season.

As a power lifter of 16 years, Grant is no stranger to competitions.

"I compete in about three events a year," he said.

In 2003, Grant won first place for his category in the Georgia Games. He plans to train for the 2004 Georgia Games' power lift competition in July.

The USA PL 2004 Military Nationals was his first event for the year. Though Grant came in second, he still wants more.

"Knowing what I know, I could have done better," he said.

Grant said he did not concentrate like he should have during the dead lift and that is why the bar with a total weight of 601 pounds did not move.

He did not walk away lifting the gold medal, but he did bring home the silver.

Grant said he strives to lift more every time he trains.

Grant thanks the 20th CE family, Chief Master Sgt. Eric Cooper and Tech. Sgt. Robert Sedberry for supporting his efforts.